

## CLAIMS

### 1. Apparatus including:

a tampon having a tampon string, the tampon string having a first end attached to a tampon and a second, free end distal from the tampon; and

an attachment for the tampon string, the attachment comprising an accessory secured to the free end of the tampon string, the accessory providing a means for locating the free end of the tampon string and/or for preventing the free end of the tampon string from being retracted into the vagina of a user of the tampon, wherein the accessory is a length of tape forming a tab secured to the free end of the tampon string, the tape having a sticky surface.

2. The apparatus according to claim 1 wherein the tab comprises a peel-off backing which, when removed, exposes the sticky surface.

3. Apparatus including a tampon having a tampon string having an end and a tab comprising a piece of tape secured to or adjacent the end of the tampon string, the tape having a sticky surface.

4. The apparatus according to claim 3 wherein said tab further comprises a peel-off backing which, when removed, exposes the sticky surface.

5. The apparatus according to claim 3 wherein said tab is a piece of tape  $\frac{1}{2}$  to 2 inches long and  $\frac{1}{2}$  to 2 inches wide secured to the string.

6. The apparatus according claim 3 wherein said tab is a piece of hypo- allergenic tape  $\frac{1}{2}$  to 2 inches wide and  $\frac{1}{2}$  to 2 inches long secured to the string.

7. The apparatus according to claim 3 wherein said tab is a piece of tape which can be rolled into a cylindrical shape and unrolled to allow the use of portions of tape.

### 8. Apparatus including:

a tampon having a tampon string, the tampon string having a first end attached to a tampon and a second, free end distal from the tampon; and

an attachment for the tampon string, the tampon string having a first end attached to a tampon and a second, free end distal from the tampon, the attachment comprising a tampon extension string having an accessory secured thereto, the attachment being securable to the free end of the tampon string, the accessory providing a means for locating the free end of the tampon string and/or for preventing the free end of the tampon string from being retracted into the vagina of a user of the tampon.

9. The apparatus according to claim 8 wherein the accessory is a tab comprising a length of tape secured around an end of the tampon extension string .

10. The apparatus according to claim 8 wherein the accessory is a tassel secured to the extension string.

11. The apparatus according to claim 8 wherein the accessory is a soft, hollow, spherical body having a polar axis and which is collapsible upon axial compression along its polar axis.

12. The apparatus according to claim 8 wherein the accessory is a tab comprising a length of tape secured around an end of the tampon extension string, and the tab comprises a peel-off backing which, when removed, exposes a sticky surface.

13. A method for altering a tampon to enhance a tampon user's ability to locate and manipulate a tampon string during urination and aid in the prevention of tampon string retraction into the user's vagina, the tampon having a tampon string with a free end distal from the tampon, comprising the steps of attaching an accessory to the free end of the tampon string, the accessory providing a means for locating the free end of the tampon string and/or for preventing the free end of the tampon string from being retracted into the vagina of a user of the tampon.

14. The method according to claim 13 further comprising the steps of providing an extension string attached to the accessory and securing the extension string to the tampon string.

15. The method according to claim 13 further comprising the step of adhering the accessory to a portion of the user's body or clothing.

16. The method according to claim 13 further comprising the step of extending the length of a tampon string to between 3 and 11 inches (7.6 and 27.9 cm) long.

17. The method according to claim 14 further comprising the step of adhering the accessory to a portion of the user's body or clothing.

18. The method according to claim 11 wherein the accessory is a tab comprising a length of tape secured around an end of the tampon extension string.

19. The apparatus according to claim 11 wherein the accessory is a tab comprising a length of tape secured around an end of the tampon extension string, and the tab comprises a peel-off backing which, when removed, exposes a sticky surface.

20. Apparatus comprising:

a tampon;

a tampon string attached to the tampon, the tampon string having a first end attached to a tampon and a second, free end distal from the tampon, the tampon string having a length of 3" to 15" (7.6-38.1 cm).

21. The apparatus of claim 20, wherein the tampon string has a length of 9" to 13" (22.9-33 cm).

22. The apparatus of claim 20, wherein the tampon string has a length of 11" to 12.5" (27.9-31.8 cm).

23. Apparatus comprising:

a tampon;

5 a tampon string attached to the tampon, the tampon string having a first end attached to a tampon and a second, free end distal from the tampon, the tampon string having a width of 1/8" to 1/2" (.32-1.3cm).

24. The apparatus of claim 23, wherein the tampon string has a width of 1/4" to 3/4" (.64-1.9cm).

25. The apparatus of claim 23, wherein the tampon string has a width of about 3/16" (.48 cm).

10 26. The apparatus of one of claims 23-25, further comprising an accessory attached adjacent the free end of the tampon string.

27. The invention according to one of claims 1-19 and 26, wherein the accessory includes a piece of tape forming a tab secured to the free end of the tampon string, and the tab comprises a peel-off backing which, when removed, exposes a sticky surface.

15 28. The invention of one of claims 1-19, 26, and 27, wherein the tampon string has a length sufficient to allow the accessory to protrude from the underwear of a user.

29. The invention substantially as shown and described herein.